

## **PRESIDENT'S PHYSICAL ACTIVITY CHALLENGE**

### **HealthierUS - HealthierFeds**

The DOECAST issued on January 22, 2007, covering the President's Physical Activity Challenge generated a few questions. The following FAQs are intended to assist you in implementing this initiative:

- 1. The DOECAST includes a sentence that reads, "The excused absence, if authorized, is only valid for Federal employees during the 8-week Challenge and only for those activities performed at work." What does "activities performed at work" mean?**

We believe the DOECAST was initially developed with HQ facilities in mind, since both Forrestal and Germantown have fitness facilities onsite. Since we don't have those facilities here at ORO, "activities performed at work" will cover fitness activities performed on the grounds of the Federal Building and/or ORO facilities including walking around the parking lot, climbing the stairs, walking the corridors, etc.

- 2. I participate in the ORO Wellness Program, and receive reimbursement for my fitness facility membership. Do I still get the extra 30 minutes 3 times per week for a physical fitness activity?**

The HQ DOECAST states, "This incentive is NOT available for employees who already participate in an established fitness routine at work, home, or at any fitness facility." However, supervisors have the discretion of excusing up to an hour any time. Since this program is of such short duration, and in the interest of keeping things simple, supervisors are authorized to grant 30 minutes 3 times per week to those employees who participate in the Wellness Program for purposes related to this initiative.

- 3. Can I add the extra 30 minutes to my lunch time so that I have enough time to run over to the Fitness Center across the street to work out and shower?**

The DOECAST specifies that this challenge is for activities performed at work. You can add the extra 30 minutes to your lunch time, but the fitness activities are intended to be performed in the workplace.

- 4. My job is pretty stressful and I need to keep my blood pressure under control. Can I spend my extra 30 minutes resting on the bed in the Employee Health Station?**

No. The bed in the Health Station must be kept available for use in a medical emergency. The 30 minutes allocated under the President's Challenge is for a physical fitness activity, not rest.

- 5. Does the time used under the President's Activity Challenge have to be tracked for Time and Attendance purposes?**

It will be helpful to track usage in ATAAPS using the Administrative Leave code (LN) in case we need to report our level of participation to HQ.

- 6. The DOECAST says I can use the 30 minutes of excused absence at the start or end of my tour of duty. Can I arrive to work 30 minutes late or leave 30 minutes early if I am working out?**

No. Since the fitness activity must be performed at work, you will need to adhere to your established work schedule while participating in fitness activities in the workplace.

- 7. Is it necessary to have supervisory approval to use the 30 minutes 3 times per week or can I take it at my convenience?**

Your supervisor must grant approval for your use of the time. This should be in writing and can be done all at once for a pay period, for a week, or for each 30 minute block at your supervisor's discretion.